



AQUASTAR WEEKLY UPDATE

09/22/25 - 09/28/25

Announcements

- **Parents**, We know there have been some issues with properly running the drylands of certain groups due to practice overlap/ the coaching demands of our younger groups. We want everyone to know that we are working on a solution that will be announced asap.
- **Swim Strong Drylands had** their annual beginning of the season kick off last night! If you missed the call, the links to the recording are located in the intro email. We highly recommend as many parents and athletes watch this recording as possible as you can learn about all the great resources offered on Swim Strong Drylands website! In case you didn't already know, SSDL is the dryland company we work with that also supports teams all around the country as well as many collegiate swim teams! *They help athletes and parents learn about proper nutrition for swimmers, proper exercise as well as help develop leaders with their own leadership training for athletes.* This is all complimentary with being an AQUASTAR athlete! **The recording link is in the intro email this newsletter is attached to.**
- **Below is the password for every tab on the SSDL website except the Coaches Page!**
 - **Habits>Motivation**
- **We are still accepting orders for custom swim caps! We realize the previous link did not work for parents last week so please fill out the link in the intro email.** Please use the link in the original email to fill out the google form if you are interested in ordering a custom cap. **Deadline to fill out the google form is next Thursday September 23rd.**

PRACTICE SCHEDULE - ALWAYS REFER TO THE GOOGLE CALENDAR

Oakbrook West/Laporte HS

- Normal schedule

Clear Brook HS

- No practice this Friday due to Water Polo

UPCOMING EVENTS

- **October 4th & 5th - SPA Invitational**
 - Location - [Club Sienna Pool](#)
 - Preliminary Entries will be sent out this tomorrow.
 - Entry deadline September 28th.
- **October 17th - Distance Block Party**
 - Location - Clear Brook HS
- **October 25th & 26th - SHAC Invite**
 - Location - SHAC Aquatic Center
- **November 15/16th - BATS Invite**
 - University of Houston

PLEASE JOIN OUR SOCIAL MEDIA PAGES!

TEAM WEBSITE: WWW.AQUASTARSWIM.ORG

FACEBOOK PAGE: AQUASTAR SWIMMING PARENT

FACEBOOK GROUP: AQUASTAR PARENTS

TEAM INSTAGRAM: @SWIMWITHTHEBEST

September 22nd - 28th, 2025